

# BC104: THEOLOGY OF EMOTIONS

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Fall 2022

USA: Oct 28 – Jan 6 (Fridays @ 5 pm PST/8 pm EST)

Asia & Australia: Oct 29 – Jan 7 (10/29: Saturdays @ 8 am HKT/11 am AEDT, \*\*after 10/29: Saturdays @ 9 am HKT/12 pm AEDT)

## Fridays/Saturdays – Five synchronous meetings on Zoom

### I. Course Description

Emotions exist within the Trinity and, therefore, as Image-bearers, emotions exist within us. Massive confusion concerning their significance and place exists within Evangelical Christianity and in world cultures. Emotions are a critical element for the Christian counselor, pastor, and discipler to understand. Emotions are also a major area of struggle in the spiritual life as presented in the Bible. Using emotions as a starting point, we will biblically examine their place in the doctrine of salvation and ecclesiology, and especially their role in spirituality. 2 hours.

### II. Texts

#### A. Required Texts

1. David Eckman, Ph.D., *Becoming Who God Intended California*: BWGI Ministries, 2005.
2. David Eckman, Ph.D., & Kimberly Grassi, Ph.D. *Theology of Emotions*, California: BWGI Ministries, 2021.

#### B. Short Supplemental Reading (Provided in Online Course Portal)

1. B.B. Warfield, “The Emotional Life of our Lord” from *The Person and Work of Christ*.

### III. Reading Levels

There are two levels of reading

A. **Familiarity level:** This level assumes knowledge of the material assigned and leads to accountability in class. (45 pages per hour).

B. **Mastery level:** Reading at this level will average about 20 pages per hour and assumes careful reflective interaction with the ideas, note taking, and will lead to accountability in class, and papers at a mastery level (1000 pages = 50 hours).

These are intended to serve as flexible guidelines or rules of thumb; they are not thought to be rigid. It is certainly understood that books are printed with varying numbers of words per page and written to varying reading levels.

Each assignment **should be completed before the class session that discusses the material** so that you will be able to participate in and benefit from the class discussion.

#### IV. Written Work

Minimal format standards must be met, as defined below. If the paper is in English, ***English grammar and spelling must be up to a standard level. Always include a strong introduction paragraph (declare what you intend to show the reader) and a conclusion paragraph.*** Qualities valued include clarity, succinctness, and precision.

- A. 1" margins on top, bottom, and sides
- B. Double-space (= 3 vertical lines per inch, 27 lines per page)
- C. 12-point standard.
- D. Indent paragraphs 5 spaces or 0.6 inches (Thesis standard is 5/8 inch)
- E. No extra line-feed between paragraphs (Format-Paragraph-Space After)
- F. Underline section headings
- G. Staple; no paperclips, folders, or fanfold
- H. Page numbers
- I. A title page is preferred. Any paper sent by email ***must*** include a title page.

10% of the grades on the typed papers will be Form, that is, conformity to the above standards. (Our purpose is to motivate all Seminary students to present work that consistently looks as good as its content is.)

#### V. Attendance

Due to the concentrated nature of the course work, **only one absence is acceptable** and this has to be cleared with the instructor. Absences have to be made up.

#### VI. Grading Scale:

A+	A	A-
99-100%	95-98%	94-93%
B+	B	B-
92-91%	90-88%	87-86%
C+	C	C-
85-84%	83-81%	80-79%
D+	D	D-
78-77%	76-74%	73-70%

#### VII. Course Objectives

- A. Knowledge: The student will:
  1. Become aware of the Biblical theology of emotions
  2. Become aware of how the process of redemption affects our emotional life
  3. Attain an understanding of principles of a healthy spirituality
  4. Develop some awareness of movements and techniques in the spiritual life
  5. Have the outline and details for an effective personal ministry of discipleship

- B. Emotion: The student will:
1. Be motivated to make her or his emotional life a key spiritual issue
  2. Appreciate the need for effective and healthy emotions
  3. Become committed to a spiritual ministry as part of his/her professional life
- C. Skill: The student will:
1. Develop skill in emotional management
  2. Develop skill in effective communication
  3. Develop skill at using the Bible in counseling
  4. Develop skill at presenting practical applications of Biblical texts

## VIII. Lectures, Videos, & Readings Schedule

**\*\*Zoom Meeting Q & As: Turn in your questions for Dr. Eckman by the Wednesday before the Zoom Meeting\*\***

<b>Section 1</b>				
#	Date	Video	Reading	Lecture
1	Oct 28/ Oct 29	Introduction	<b>Theology of Emotions (TOE):</b> Introduction <b>Becoming Who God Intended (BWHO):</b> Sure, I'm a Christian But -	Zoom Meeting 1
2	Nov 4/ Nov 5	1) The Source of Our Emotions	<b>TOE:</b> The Source of Our Emotions <b>BWHO:</b> Trapped in the Mood Cycle	
3	Nov 11/Nov 12	2) What are Our Emotions?	<b>TOE:</b> What are Our Emotions? <b>BWHO:</b> Are Emotions Christian?	Zoom Meeting 2
4	Nov 18/Nov 19	3) The Significance of Our Emotions	<b>TOE:</b> The Significance of Our Emotions <b>BWHO:</b> You Can't Live Without Them	
5	Nov 25/Nov 26	4) The Holy Spirit - An Emotional Presence	<b>TOE:</b> The Holy Spirit - An Emotional Presence <b>BWHO:</b> The Imagination is Key	
6	Dec 2/Dec 3	5) Understanding Our Emotions	<b>TOE:</b> Understanding Our Emotions <b>BWHO:</b> New Pictures for Old Ones	Zoom Meeting 3
7	Dec 9/Dec 10	6) Emotions & the Self	<b>TOE:</b> Emotions & the Self <b>BWHO:</b> God the Father's Favorite Pictures	
8	Dec 16/Dec 17	7) Emotions & the Subconscious Life	<b>TOE:</b> Emotions & the Subconscious Life <b>BWHO:</b> You're a Grown-Up Now	Zoom Meeting 4
9	Dec 23/Dec 24	8) The Imagination & Our Emotions. Man – The Weaver & the Potter	<b>TOE:</b> The Imagination & Our Emotions. Man – the Weaver & The Potter <b>BWHO:</b> God's Love – It's Not What You Think It Is	
<b>Section 2</b>				
10	Dec 30/Dec 31	9) How to Minister to Our Emotions	<b>TOE:</b> How to Minister to Our Emotions <b>BWHO:</b> The Model for Life	
11	Jan 6/Jan 7	10) The Goal of our Emotional Life – Blessedness  Appendix 1: Psychology and the Bible – An Approach	<b>TOE:</b> The Goal of our Emotional Life – Blessedness, Appendix 1, Appendix 2 <b>BWHO:</b> Becoming Who God Intended	Zoom Meeting 5

## IX. Assignments

Either do Assignment I or Assignment II:

### A. Assignment I: Counselor Handouts and Reflection Studies

Often persons in counseling who are Christians either have a superficial knowledge of the Bible or a nonintegrated knowledge of the Bible. Christian counselors and counsees both need a resource to help them to help the counselee to understand how the Bible addresses their issues and how to integrate these truths into their lives.

Each handout should have a one-page introduction as to what is the nature of the issue being addressed, and what is the portion of Scripture that addresses that issue. The second page will then give an overview of the context of that Scripture. The next two pages will be a guided study asking for answers to questions. The final page will explain how the truths from the study apply to the presenting issues.

This should have these parts:

1. What is the presenting issue?
2. What is the biblical context addressing that issue?
3. What portion of Scripture should be studied?
4. What does the person need in order to understand the context?
5. What questions will lead the person to understand the context?
6. What else does the person need to know from a spiritual and psychological standpoint?
7. What is the summary reflection that the person needs to consider?

The Counselor Handouts will be on various subjects such as:

1. An evil conscience Hebrews 10:22
2. Does the Unconscious Exist? 2 Corinthians
3. Do you feel loved? Romans 5:8
4. Handling Anxiety Philippians 4
5. Handling Anxiety Matthew
6. Dealing with a Threatening World Matthew 6
7. Learning how God sees us Galatians 3:23
8. Enjoying your Gender Genesis 1 and 2
9. Setting the Heart Free of Guilt Romans 3
10. Setting the Heart Free of Worthlessness Romans 5
11. Setting the Heart Free of Shame Romans 6
12. God as a Good "Dad"
13. The Bible and Alcoholism
14. Addiction and Spirituality
15. Depression
16. Anger
17. The Husband's Role
18. The Wife's Role
19. Divorce
20. Grief
21. Fantasy, sexual or otherwise

22. Categories of wholeness
23. Change
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_

Each student should pick two to do. Develop two sets of handouts – **A sample of a handout is due on December 16 and the finished work is due on January 27.**

B. Assignment II: Analysis of Sermon on the Mount and Galatians 5

List by chapter and verse each word or phrase in the Sermon on the Mount that is an emotion or desire, or implies emotion and desire (such as the word “heart”). Also, chart what emotional topics or desires are addressed and how often. This material should be one page in length. Then, analyze how significant are these issues in the Sermon in a three-page paper.

List by chapter and verse each word or phrase in Galatians 5 that is an emotion or desire, or implies emotion and desire. Also, chart what emotional topics or desires are addressed and how often. This material should be one page in length. Then, analyze how significant are these issues in Chapter 5 in a three-page paper. **Due: January 27**

**X. Books to be Read and Papers to be Written**

A. David Eckman, Becoming Who God Intended Pleasanton, California: BWGI Publishers, 2005. Write a three-page paper based on the reading as a response to the following questions. **Due: January 27**

1. What are your thoughts on Part 1 of the book dealing with the centrality of emotions in the Christian life? Does that reflect your experience in church and in your spiritual life?
2. What are your thoughts on Part 2 of the book and the power of pictures? Does that emphasis appear in your church and is it part of how you spiritually “see” in your spiritual life?
3. What are your thoughts on Part 3 of the book and the love from the Trinity? Do I have a sense of emotional love and affection from God the Father and the Son? If not, why not?

B. David Eckman, Theology of Emotions, Pleasanton, California: BWGI Ministries, 2021. Write a three-page paper based on the reading as a response to the following questions. **Due: January 27**

1. Is my identification with Christ at the center of my Christian experience? If not, why not?
2. Is my identification with Christ the basis of my relationship to God and to sin?
3. Do I have an emotional and “mystical sense” of being joined to Christ? Does this matter to God and should it matter to me?

**XI. Other Readings**

B.B. Warfield’s “The Emotional Life of our Lord” from The Person and Work of Christ

**XII. Reflection Paper on your Emotional Life**

Write a five-page paper on your thoughts about your own emotional life and the teaching on emotions in the churches you have attended (two pages). Further, share specific insights from the course material that have occurred to you or specific disagreements you have with the material (three pages). **Due: January 27**

### **XIII. Grading**

#### **A. Grade Breakdown**

1. 30% of the grade will be on the handouts or papers on the Sermon on the Mount and Galatians
2. 10% on class participation
  - a) The student should send in one question before each class meets
  - b) The student should be present and participating
3. 30% on the response paper to Becoming Who God intended and Theology of Emotions
4. 30% on your reflection paper

#### **B. Late papers or projects will be marked down one letter grade for each late week.**